

Our Planet ISSUES

THE GLOBAL MOVEMENT FOR CHANGE

March 2018


Issue 1

جنبش جهانی برای تغییر – الحركة العالمية للتغيير

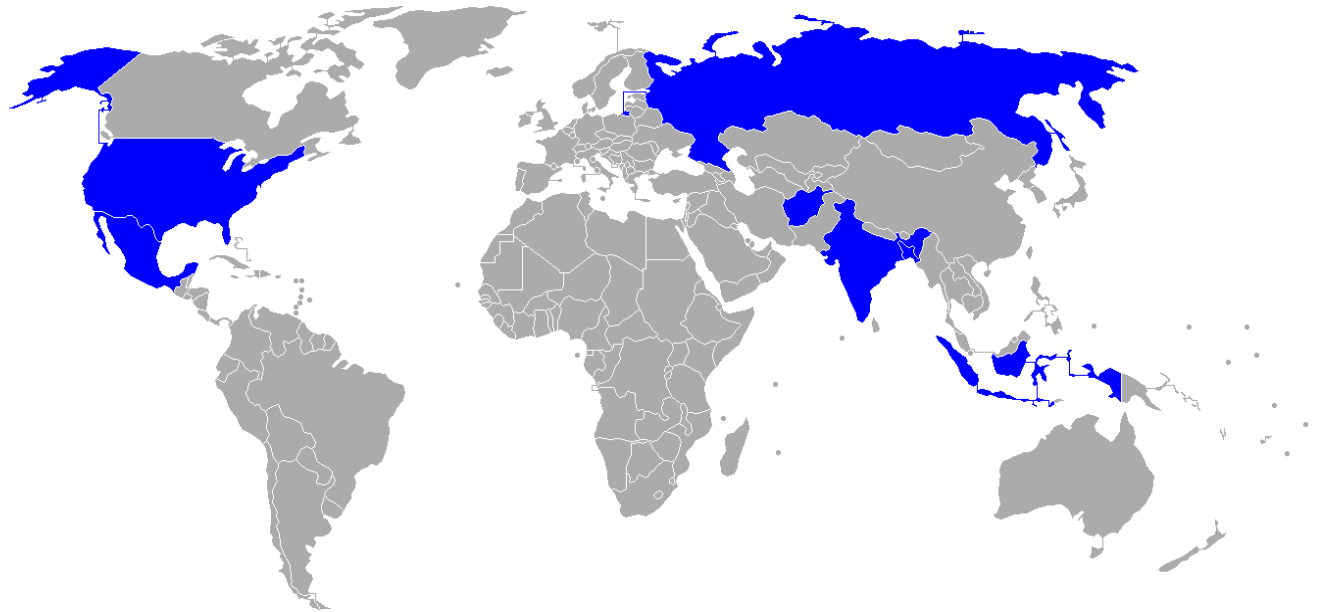
ग्लोबल मूवमेंट फॉर चेंज

Глобальное движение за перемены

পরিবর্তনের জন্য বিশ্বব্যাপী আন্দোলন

Topics	Contents	Pages
Change the hegemony of “The More”		3
Overview of the key factors leading to environmental degradation		4
It is not too late! open our eyes and act immediately		5
		
Comment on the decrease of air pollution		6
Short introduction of Mexico		7
Air Pollution, Effects and some steps to reduce it		7
PROBLEMS FACED BY WOMEN IN AN INDIAN SOCIETY		8
Comment on the decrease of air pollution		8
EPIGENETICS AND ENVIRONMENTAL POLLUTION		9
Humans Impacts on Global Warming		12
Calling for the contents for the next issues of this magazine!		14

Global Solidarity for Positive Changes!



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Attention!

This magazine is the voice of students and millions of sufferer people from different countries, places and cultures but not the authorities! And also, [this is an opportunity for the students and the others to practice and expressing themselves towards global solidarity for positive changes!](#) There is a basic rule for all in this Global Movement and its global magazine, it is **"Treat everyone with kindness and respect"**. Academic Research Group ARG and "The Global Movement for change GMC and their magazines and sites are not responsible for the contents accuracy! All the responsibilities regarding the contents are on the writers/senders of the contents. [Issuing the contents in the magazines/sites does not mean the confirmation for those contents.](#) ARG & GMC/OPI

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Yama Hamid, studying Economics & Management, Writer & Researcher
28 march 2018

Change the hegemony of “The More”

One example

Asking yourself; that what is in progress inside the mind of one industrialist? And try to give the proper answer for the above question.

trees for making papers.

When the more trees are cut, the forests will be destroyed the more!

And imagine, when the forests are disappeared more, the carbon dioxide will increase more and more. In this case we will have the more carbon dioxide and the more air pollutions.

When there is more air pollution, we will have the more diseases and unfortunately the more cancer.

It was an example; look at each field of the human life and all members of the societies. The consumers, the producers,

individuals, families, the government offices and their personnel, all we are part of the issue.

When a person as an individual consumes more than his/her needs or logical wants, in fact he or she is putting himself/herself and the others even the next generation into troubles.

Consuming the more fuels, the more papers, the more foods, the more water, the more cloths, the more furniture and the more other products and materials, will

Introduction

Our minds are full of the concepts of “The More”. Day by day, we take speed to get more and to spend and to consume more.

We don't pay attention for the needs; we are selfishly going towards of our own wants. This way of thinking has formed our today life. And put us in danger.

One of the bad points of this economical social current system that we are living under its ruling is the rapidity and exorbitances of producing and consuming more. We must change this hegemony of “The more” for keeping the environment safe, both the nature and societies!

Hegemony of “The More”

Everyone wishes to earn more everyday. Some of the people, from early morning to the beginning of the night and some others from the beginning of the night to the early morning try for earning more and more. mentally; there is no limitation for that. That is the thing that I called it the hegemony of “The More”. Our minds are fully occupied by this hegemony of “The More”

I give you the answer from my point of view.

In the mind of one industrialist there is the process of thinking and planning to marketing and produce more products for the purposing of earning more.

This is the thing which is in progress in the mind of one industrialist!

Imagine, if he or she is a paper producer, he/she will wants to marketing and produce more papers, for that purpose will cut the more

need more exploitation of the nature sources.

And also the more productions and consumptions will give back a lot of wastage to the nature like industrial wastage.

By hegemony of “The More” the nature is destroyed from two sides, one side, unnecessary producing and the other side, unnecessary consuming.

Conclusion

This is the time that we should revise our imagination, our thinking and our behavior regarding the na-

ture, regarding the society, regarding the life and our relationship with the nature.

Some of the concepts in our mind should come under the control. Controlling the concepts in our mind will stop the hegemony of the concepts.

One of the important concepts that should come under the logical control is the concept of “The more”. It means that we should not set up our life always with the unlimited wants.

In fact, any unlimited wants to consume, regardless attention to the nature and the

society means the hegemony of “The more”. This hegemony puts the nature and the societies in the dangerous conditions.

In the course of history that we are living, there is an economical social system ruling, that has some negative points. One of the bad points of this economical social current system that we are living under its ruling is the rapidity and exorbitances of producing and consuming more. We must change this hegemony of “The more” for keeping the environment safe, both the nature and societies!

USA

Overview of the key factors leading to environmental degradation

Shakeeb R

There could be many factors leading to today’s environmental issues in our world. Among them, urbanization and industrialization are considered to be the two major causes of the environmental degradation.

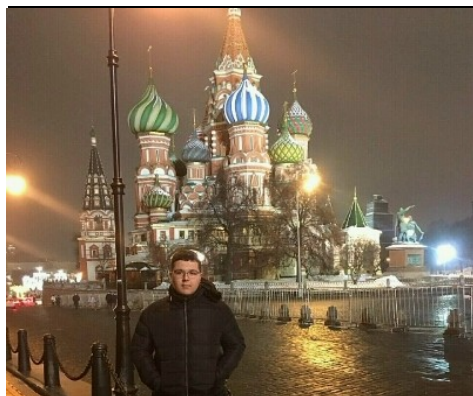
A significant number of people from rural areas are increasingly migrating to cities, thus making the cities overpopulated and directly affecting the environment. On the other hand, becoming more industrialized has turned into a fierce competi-

tion among the developing countries. A lot of these efforts to become more successful industrialized nations are underway without taking into account the long-term environmental impacts of industrialization.

While many people contemplate on the impact of these factors, they also tend to overlook the importance of family planning. Family planning itself could be a game changing solution to our environmental issues because through education tomorrow’s mothers will learn to have healthier and

smaller families. While we focus on the common solutions for our environmental issues, the dangers of overpopulation in our globe is sometimes overlooked.

The new environmental policies should entail plans that balance the world population by educating people about the importance of family planning. Smaller families tomorrow means less pollution, less consumption of fossil fuels, and less demand for supply in the industrialized sector.



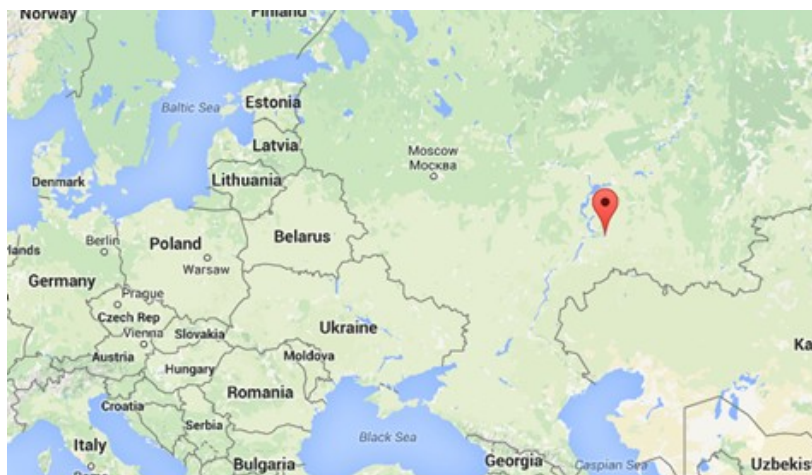
**It is not too late!
open our eyes and act
immediately**

Yuri Ovsepiyan

High school student

Dear reader, let me introduce myself and the place where I live. My name is Yuri Ovsepiyan. I'm 17 years old. I'm a high school student. I live in one of the biggest industrial cities of Russia, Samara. I live here all my life. Since I was a child, I've always noticed that my native city is very polluted. Ecological problems are obvious to everyone.

**Since I was a
child, I've
always noticed
that my native
city is very
polluted**



**Ecological
problems are
obvious to
everyone**

First and foremost environmental problem of my city is that factories and plants are situated right in the center of Samara. They pollute the air and emit harmful smog upon the city. It's hard and dangerous even to breathe.

**Factories and
plants are
situated right
in the center of
Samara**



**They pollute
the air upon
the city. It's
dangerous to
breathe**

The water in the Volga River, in its tributaries and lakes is polluted too. The factories dump their poisonous wastes into the rivers, the fish and plants die. It's dangerous to swim in the Volga sometimes and we can read the signs that prohibit to bathe and to swim.

**The factories
dump their
poisonous
wastes into
the rivers**



**The fish and
plants die. It's
dangerous to
swim in the
Volga . . .**

There are big rubbish heaps in the streets and in the suburbs of our city. They stink and poison the atmosphere. The green belt near the city of Samara is being destroyed now. The law doesn't work against the violations, who build their houses in the green zone. These unlawful structures do a lot of harm to the flora and fauna of our region.

The traffic of our city adds to the environmental pollution. Heavy lorries, cars emit harmful gases into the atmosphere and cause accidents, especially during the rush hours.

Fortunately, it is not too late to solve these problems. All we need to do is open our eyes and act immediately.



India

Comment on the decrease of air pollution

Prawej alam

Pursuing graduation with POLITICS

I just want to share my idea about the condition of air in my country and how much it is related with our comfort. Earlier people were rarely using vehicle for their trans-

portation, so smoke coming from vehicle were not contributing so much in air pollution but drastic increment in the vehicle has made the contribution large. When I told my friend regarding this then he simply told that he can not compromise with his

comfort. If people can not compromise with their comfort then how we can reduce the air pollution caused by only this (vehicle).

Is there any alternative for this without bypassing our comfort?

Short introduction of Mexico

Alejandro Herrera Ayala
MBA & Master degree on Psychology

My Country is Mexico, we are located at North America, our population is over 100 million people, yet it is a nice and quiet place for living, people are very friendly, and the weather is very nice most time of the year.



Our food is very typical and tasty, although some of it is very spicy, but really enjoyable one you get used to it.

Even though we have some bad publicity about crime rates, and drugs, truth is that most of the supposedly news are not founded

I would truly invite everyone to come and see by yourself who we are, and to fall in love with Mexico!

in our reality, so I would truly invite everyone to come and see by yourself who we are, and to fall in love with Mexico!

India

Air Pollution, Effects and some steps to reduce it

Amarjeet Solanki
Graduate in business management

Air Pollution

It's a condition in which air is contaminated by foreign substances. Further, it consists of gaseous, liquid, or solid substances that when present in sufficient concentration, for a sufficient time, and under certain conditions, tend to interfere with human comfort, health or welfare, and cause various environmental damages.

Air Pollution Effects on humans

Exposure to polluted air can have both temporary and permanent health effects such as: development of diseases like: asthma, bronchitis, emphysema, damage to liver, kidneys and can possibly cause lung cancer. Also, there is accelerated aging

of the lungs, loss of lung capacity & decreased lung function.

Some steps to reduce Air Pollution

There are certain confident measures which can be started from home & every individual can contribute in reduction of air pollution.

1. Increasing your love for plantation. Plant more and more trees, as they will improve the surrounding air quality by absorbing pollutants.
2. Don't burn trash and other materials like tires, clothes, plastic, etc.
3. Avoid smoking indoors and wood burning used for stove.
4. Use bicycles or choose to walk, preferably for shorter distance like going to market for purchasing or meet-

ing nearby friend. Riding bicycle will also improve your overall cardiovascular fitness.

5. Consolidate your trips with friends. E.g.: Both going for Office in same direction, take your vehicle alternatively and go together. Another way is that make more use of public transport.
6. Conserve energy by switching off electric appliances and lights when not in use.
7. Make use of solar energy instead of regular power. As, it will save both cash and tons of energy for you.
8. Create awareness by educating your companions and let the people around you know about how they can contribute to clean air and can take care of environment themselves.

PROBLEMS FACED BY WOMEN IN AN INDIAN SOCIETY

TASHEFA.S
ENGINEER

Feminism has become a widely used word with an esoteric meaning. Few understand that Feminism is the same as humanity and involves the harmonious co-existence of both men and women under the same sky. We claim to have progressed by quickly adapting to the nuances of lifestyle and yet there is no change in stance towards the issues that women face. It seems that only the battleground has shifted from kitchens to their workplaces and educational institutions.

In India, women still face harsh criticism from the society on having acquaintances from the opposite sex, their choice of clothes and trying to become financially independent even after being sufficiently qualified and

skilled. A majority of women belonging to the lower strata still remain uneducated and have to often face the wrath of abusive husbands and the perils of early childbirth. Although the Indian government has made education mandatory for every child under the age of 14, there is no fool-proof system to ensure the strict implementation of this rule to ensure the safety of these women.

An enormous chunk of these issues could be eradicated if stereotyping ceases to exist. Both men and women have been expected to possess an unspoken laundry list of qualities and standards by society since time immemorial. For example, both working women and stay-at-home husbands are still frowned upon by the society. It is socially acceptable for women to be emotional whereas

men are expected to stay tough as nails and protect the opposite gender although they're both human and are susceptible to having the same feelings. Sexual abuse is deemed as an issue limited to only women when both the genders face it.

It's because of this very stereotyping that it becomes difficult for men to accept that women are equally skilled at a workplace. Moreover, it hampers individual choices and limits the thought process thereby making an individual reluctant to accept changes.

If a small step is taken towards quelling stereotyping and eventually gender inequality instead of education, we might be fortunate enough to witness a giant leap for humankind in the years to come, instead of being pallbearers for humanity itself.

We claim to have progressed by quickly adapting to the nuances of lifestyle and yet there is no change in stance towards the issues that women face. It seems that only the battleground has shifted from kitchens to their workplaces and educational institutions.

USA

Comment on the decrease of air pollution

Todd
Retired

Decide what it is. Then find the largest contrib-

utors, or the easiest to eliminate. It's not just enough to want to stop someone from polluting. You have to come

up with an alternative to solve their problem of not being able to pollute.

EPIGENETICS AND ENVIRONMENTAL POLLUTION

R. Naseeb

Biology student

Epigenetics is the study of changes in gene function that are heritable and that do not entail a change in DNA sequence (Dupont et al., 2009). Under normal conditions, epigenetic mechanisms control cell development and regulate gene expression (Kulvinder et al., 2016). Meanwhile, altered epigenetic patterns may lead to various human diseases such as cancer, cardiovascular diseases, neurodevelopmental disorders, type-2 diabetes, obesity, and birth defects. Besides other environmental factors which may cause the alteration in epigenetics (such as diet, stress, and living style), environmental pollution raises more concerns as it becomes more common to happen in nature as a result of increased anthropogenic activities (Sahu, 2012). Environment pollution is a worldwide problem that has become a very serious issue due to its great potential to influence the health of human populations. It needs to be addressed more frequently to evoke awareness and eventually willingness to reduce it (Khan & Ghouri, 2011).

There are many environment pollutants responsible for altering epigenetic patterns whose mechanism has also been extensively studied using animal and/or human model. This article will discuss about 7 environmental pollutants which pose greater risk for public health. They are metals, pesticides, particulate matter in air pollution, benzene, bisphenol A, dioxin, and chemicals in drinking water. However, to understand how these types of pollutant interfere with epigenetic patterns, first we must understand about epigenetic mechanisms (Hou et al., 2012).

The most well-studied epigenetic mechanisms include DNA methylation, histone modification, and microRNAs. DNA methylation is a process that involves the addition of a methyl group to the 5' position of the cytosine ring. Environmental factors can cause hyper- or hypomethylation of specific genes or regions, potentially associated with aberrant gene transcription. Histones are globular proteins that function in the protection and packaging of genetic materials. When histones are modified by environmental factors, chromatin structure will be altered which affect

gene expression. MicroRNAs (miRNA) are single-stranded RNAs (~21–23 nucleotides in length) that are transcribed from DNA but not translated into proteins (non-coding RNAs). miRNA main function is to down-regulate gene expression by interfering with mRNA functions. Aberrant expression of miRNAs will therefore impair gene expression (Baccarelli & Bollati, 2009).

Information about how each of the environmental pollutants causes the alteration in epigenetic mechanisms is shown on Table 1. This table is taken and summarized from a review article written by Hou et al. (2012).

Altered epigenetic patterns may lead to various human diseases such as cancer, cardiovascular diseases, neurodevelopmental disorders, type-2 diabetes, obesity, and birth defects. Besides other environmental factors which may cause the alteration in epigenetics (such as diet, stress, and living style), environmental pollution raises more concerns as it becomes more common to happen in nature as a result of increased anthropogenic activities (Sahu, 2012).

Table 1. Effects of Environmental Pollutants on Epigenetic Changes

Environmental pollutants	Description	Epigenetic changes	Potentially associated disease*
Metals	Heavy metals are widespread environmental contaminants mainly resulted from industrial activities		
Arsenic		DNA methylation, histone modification, miRNAs	Various cancers, diabetes, myeloma, heart disease, traumatic brain injury, Alzheimer's disease, ataxia
Nickel		DNA methylation, histone modification	Various cancers, heart disease, traumatic brain injury, chronic glomerular disease, ataxia, diabetes
Cadmium		DNA methylation, miRNAs	Various cancers
Chromium		DNA methylation, histone modification	Various cancers, heart disease, traumatic brain injury, type-2 diabetes
Aluminum		miRNAs	Various cancers, cardiac hypertrophy, neurodegeneration, Alzheimer's disease
Mercury		DNA methylation	Various cancers, neurological disorders
Lead		DNA methylation	Various cancers, schizophrenia
Pesticides	Used to protect crops against insects and pests with various kinds such as vinclozolin, methoxychlor, dichlorvos, and dieldrin	DNA methylation, histone modification	Various cancers, schizophrenia, birth defects, Parkinson's disease
Particulate matters in air pollution	Complex mixtures of solid and liquid particles or organic and inorganic molecules within a diameter of 10 microns or less with major components such as sulfate, nitrates, ammonia, sodium chloride, black carbon, mineral dust, and water	DNA methylation, histone modification, miRNAs	Various cancers, schizophrenia, acute lymphoblastic leukaemia, asthma
Benzene	Emitted from the processing of petroleum products and is a component of gasoline	DNA methylation	Various cancers, schizophrenia
Bisphenol A (BPA)	Used as an industrial plasticizer in epoxy resins for food and beverage containers, baby bottles, and dental composite	DNA methylation, miRNAs	Various cancers, obesity, diabetes, increased cancer rates, breast cancer, cardiac hypertrophy, Alzheimer's disease
Dioxin	By-product of industrial processes which accumulates in the food chain	DNA methylation, miRNAs	Various cancers, Russel-Silver syndrome,
Chemicals in drinking water	e.g. chloroform, dichloroacetic acid (DCA), and trichloroacetic acid (TCA) which are by-products of water chlorination	DNA methylation	Various cancers

*From various *in vivo* and/or *in vitro* studies with mouse/rat and/or human study model

Epigenetics provides an additional way to study the adverse health effects of environmental pollutants to human body.

However, epigenetic changes caused by environmental factors are usually small, potentially cumulative, and they may develop over time. This may be a challenge for many researchers to establish the cause-effect relationships among environmental factors and disease.

In spite of the challenge, recent progress in toxicogenomics (i.e. a study of the combination of

functional genomics), may be a part of the solution to the issue.

The advancement in toxicogenomics includes microarray and whole-genome sequencing technologies which permits large-scale detection and quantification of mRNA transcripts and of miRNAs, allowing the detection of alterations in mRNA stability or gene regulation.

In future years, epigenetics and toxicogenomics together may reform and advance the study of environmental pollution and its effects on human health.

7 environmental pollutants which pose greater risk for public health. They are metals, pesticides, particulate matter in air pollution, benzene, bisphenol A, dioxin, and chemicals in drinking water.

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Humans Impacts on Global Warming



MD. TOUHIDUJJAMAN
Agriculturist
MS in Agronomy (Running)

Nowadays global warming is a serious issue. Global warming is a continuous increment in the general temperature of the world's environment by and large credited to the nursery impact caused by expanded levels of carbon dioxide, CFCs, and different toxins. There are various agents which influence soar those elements. According to the researchers' findings, human activity plays a vital role for growing earth temperature.

Earth's surface has experienced phenomenal warming in the course of the most recent centuries, and particularly in this century. We realize that warming and cooling has occurred previously, and some time before, people were near. Numerous variables (called "atmosphere drivers") can impact Earth's atmosphere, for example, changes in the sun's power and volcanic emissions, and also warm catching gases in the environment.

Be that as it may, what's causing the present remarkable warming — are people some portion of the reason?

Researchers have conceived distinctive techniques to answer this inquiry. Researchers can decidedly distinguish the "human fingerprints" related with the progressions,

Researchers concur that the present warming is essentially caused by people putting excessively carbon in the air, similar to when we concentrate and consume coal, oil, and gas, or chop down and consume backwoods.

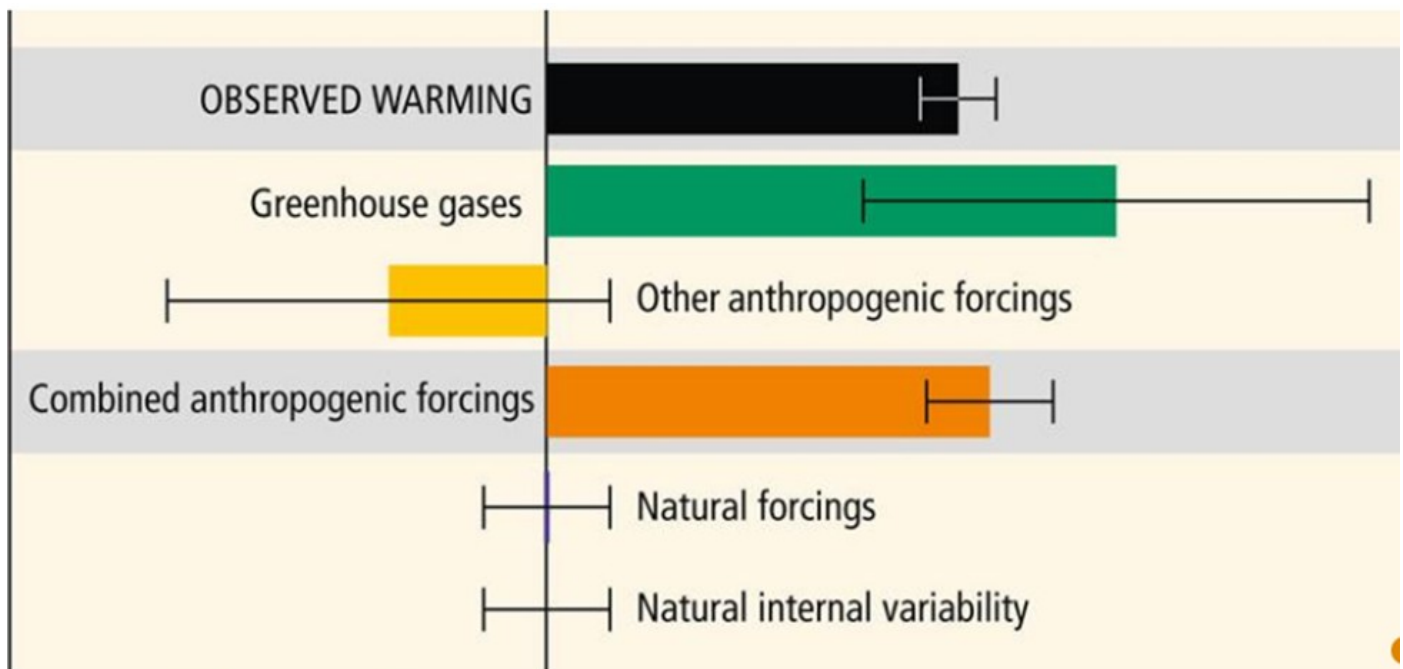
and they can likewise quality the extent of those progressions to human exercises.

The fingerprints that people have left on Earth's atmosphere are turning up in an assorted scope of records and can be found in the sea, in the environment, and on the Earth's surface. Researchers concur that the present warming is essentially caused by people putting excessively carbon in the air, similar to when we concentrate and consume coal, oil, and gas, or chop down and consume backwoods. Researchers have assembled

confirm and have enhanced their techniques for prodding separated regular and human variables. Today researchers have high certainty about human-caused worldwide normal surface temperature increment — a key atmosphere pointer.

Carbon dioxide (CO₂) is the fundamental warmth catching gas to a great extent in charge of the majority of the normal warming in the course of recent decades. Discharges from autos and control plants and an expansion in the measure of radiation the sun transmits are cases of "forcing" that drive temperature rise, the first by catching warmth, and the

second one by expanding vitality, which converted into warm. Volcanic occasions and a few sorts of human-made contamination, both of which infuse daylight reflecting mist concentrates (i.e., small particles) into the air, bring down temperature and are cases of forcing that drive diminishes in temperature. A current report found that "just about 66% of the effects identified with barometrical and sea temperature can be unhesitatingly ascribed to anthropogenic constraining" (which means human caused drivers).



Human activity drives climate change.

Human atmosphere drivers incorporate warmth catching emanations from consuming coal, gas and oil in control plants and autos; chopping down and consuming woods; minor contamination particles (pressurized canned products); dark carbon contamination all the more regularly alluded to as ash; and changes in arrive utilize that likewise influences Earth's albedo. Petroleum product consuming by people transmits modest particles notwithstanding discharging CO₂ in the climate. A few particles reflect daylight back to space (pressurized canned products), like the volcanic particles, having a cooling impact. Different particles, for example, residue (dark carbon) retain the daylight and drive temperature rise, prompting neighborhood warming of the air level where the sediment particles circle. The two kinds of human-made particles prompt a lessening in the measure of the sun's vitality achieving the surface of the Earth.

Dangerous atmospheric deviation has negative effects on agriculture, wellbeing and environment. We are the cause, we are the solution.

Realizing that human exercises are the principle driver of an Earth-wide temperature

boost encourages us see how and why our atmosphere is changing, and it unmistakably characterizes the issue as one that is inside our energy to address.

We can't maintain a strategic distance from some level of warming caused by the warmth catching discharges effectively display in the environment, some of which, (for example, carbon dioxide and nitrous oxide) keep going for a long time or more. In any case, with forceful measures to lessen discharges and adjust to those progressions we can't maintain a strategic distance from, we have a little window to dodge really risky warming and furnish future ages with a practical world.

***Dangerous
atmospheric deviation
has negative effects on
agriculture, wellbeing
and environment.
We are the cause, we
are the solution.***

The Global Movement for Change

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Global Solidarity for Positive Changes!



The Global Movement for Change

The global movement for change works globally to be effected for bringing positive changes in the both ways of thinking and living. This movement believes that most of the issues like environmental issues especially different kind of pollutions are come from the way of our thinking and the way of our living. And these must be changed if we want to have the planet earth a better place for living.

The “Our Planet ISSUES” magazine

This magazine is the organ of the global movement for change that is the voice of students and millions of sufferer people from different countries, different places and cultures but not the authorities. It issues all the matters and the ideas of its members and the peoples that come from different countries, places and cultures reflecting their conditions all towards the positive changes.

Calling for the contents for the next issues of this magazine!

Dear honorable students and readers!

Firs of all, thank you very much for your attention to the “Our Planet ISSUES” global magazine.

Your participation in the magazine is a great honor for “The Global Movement for Change”. Therefor, you are kindly requested to take part in preparing the issues of “Our Planet ISSUES” magazine.

The next issues of the magazine is going to issue at the end of each month. Therefore, you can send your contents during each month until the 20th of the month to the magazine through its Gmail address.

For writing/preparing the contents, you can do one or some of the followings:

1. You can send a picture or photo which reflects any issue of the subjects that our planet earth is faced with them, plus description regarding that picture or photo.
2. You can write a short article about environmental conditions (air pollutions, water pollutions and etc.) of your place.
3. Finding the news on the magazines and newspapers or internet pages and read them, then you can write your opinion or conclusion about, and send your work.

4. Choose one of the issues that our planet is encountered with that, and write your feeling or ideas related to that issue.
5. Write your memory or experience of one of the difficulties or problems related to the issues of our planet in today world. For example in the field of: poverty, unemployment, pollutions and etc.
6. Write your suggestions that how we can have a better social behavior towards having better societies and finally a better world.
7. Any initiative of yours.

Thanks in advance for your cooperation with this magazine.

The Global Movement for Change